

10 TUSAALE OO FAYO-DHAWRKA KU SAABSAN

HOGATUSAALAYN KU SAABSAN SIDA LOO TAAGEERAYO FAYO-DHAWRKA WAALIDKA IYO CARUURTA WAKHTIGA UU TAAGANYAHAY CUDURKA SAF-MAREENKA AH EE CORONAVIRUS

1

DARYEELKA SHAKHSIGA

Marka ugu horeysa waa in aad daryeeshaa fayodhawrkaaga iyo caafimaadka maankaaga. Caruurta si dhakhso ah ayay u fahmaan dareenka ama u qaataan dabeecadda waalidka, sidaa daraadeed haddii aad diiqadoonayso (stressed) waxa suurto gal ah in ilmahaagu isagu na uu diiqadoodo.



2

WAKHTI FIICAN QAADO

Ha isku cadaadin in fasal wax lagu dhigto aad guriga ka dhex samayso. Wakhtigan uga faa'iideyso in ilmahaaga aad la ciyaarto oo aad wakhti fiican la qaadato – wax dhis, wax dub, buug akhri ama filim daawo, wax naqshadee ama sawir – fursaddan uga faa'iideyso in aad wakhti qaali ah wad qaadataan.

3

WAKHTI SII AAD KU WADAHADSHAAN AMA SHEEKAYSATAAN

Waa muhiim in aad caruurta iyo da'yarta kala hadasho arrimaha la xidhiidha xanuunka safmareenka ah ee Coronavirus si aanay u sawiranin xaaladda ugu daran oo aanay si ad dhaaf ah uga werwerin.



4

XIDHIIDHI

Inkastoo aynu u baahan nahay in aynu dadka ka durugno oo aan la isku soo dhawaanin, haddana caruurta waan ka caawin karnaa in ay xidhiidh la lahaadaan qoyska iyo asxaabta iyada oo la isticmaalyo baraha bulshada (social media), telefoon iyo aaladaha kale sida Zoom, WhatsApp, FaceTime iyo Google Hangouts.



Adeegga Climi_nafsiga ee Golaha Deegaanka Bristol

Garowshiiyo: Soojeedimahan waxa ka mid ah wax laga soo bartay kuwa ay daabaceen Educational Psychology Services of Lambeth, Hertfordshire, Croydon, Somerset, Southend Learning Network, Harrow, www.edpsy.org.uk iyo Dr Dawn Bradley (Summit Psychology Services)

5

BAKHTII AMA DAMI

Isticmaalka baraha bulshada ama daawashada warka iyo shaashadaha waa in aad xaddidaa oo aad wakhti u qabataa. Waa in aad soo koobtaa wakhtiga adiga iyo ilmahaagu aad daawanaysaan ama eegaysaan baraha bulshada/warka waayo tani werwerka ayay badin kartaa. Waa in aad yeelataa wakhti cayiman oo aad bakhtiiso dhammaan shaashadaha iyo aaladaha wax laga daawado, gaar ahaan habeenkii. Wakhti badan oo shaashadaha indhaha lagu hayo waxay keeni kartaa hurdo xumaan.



6

JOOGTAYN

Waa in aad samaysataa jadwal joogto ah oo maalinle ah waayo waxay caruurta ka caawinaysaa in ay xasilooni dareemaan oo ay ammaan yihiin. Waa in aad go'aamisaa wakhti iyo waxyaabo uu qoysku wada qabto. Isku day in aad jadwalka ku darto wakhti la shaqeeyo, wakhti la ciyaaro, wakhti caafimaadka jidhka laga shaqeeyo ama jidh-dhis la sameeyo, wakhti wax la curiyo (creativity) iyo wakhti la wada fadhiisto.



7

MAR WALBA AHOW QOF FIRFIRCOON

Jidh caafimaad qaba ayaa taageera maskax caafimaad qabta! Isku day in adiga iyo caruurtaadu aad maalin walba jimicsi samaysaan, tusaale lugée ama baaskiil kaxayso, beerta guriya ku ciyaar, internetka ka samee casharo jimicsi (PE) ama Yoga ah sida Cosmic Kids Yoga ama PE with Joe Wicks (labada ba YouTube ayaad ka helaysaa)



8

DHINACA WANAAGSAN WAX KA EEG

Isku day in aad mar walba dhinaca togan wax ka eegto iyo waxyaabah adiga iyo ilmahaagu aad qaban kartaan ee aad dadka kale ku caawin kartaan, tusaale, maalin walba wakhti u qoondee aad ilmahaaga ka caawiso in ay ka fikiraan waxayaabaha ay ku mahadinayaan in ay haystaan, ama in aad ka fikirto sidii ay dadka kale u caawin lahayd. Waa maxay waxyaabaha bii'adda iska bedelay ee aad dareentay? Wax cusub miyaad arki kartaa marka aad daaqadda eegto?



9

WAXBARASHADA JOOGTEE

Maalin walba in la sameeyo waxoogaa wax akhris ah, wax la qoro ama xisaab laga shaqeeyo waxay ilmahaaga ka caawinaysaan in ay sii kordhiyaan xirfadahooda marka ya iskuulka ku noqdaan. Tani maaha in ay u ekaato sida iskuulka oo kale, waxayna ka mid noqon kartaa wakhtiga wanagsan ee adiga iyo ilmahaagu aad wada qaadanaysaan, tusaale, hal-xidhaale erayada ama luqadda ku saabsan (word games), miisaanka lagu cabrio waxyaabaha lagu daro marka wax la dubayo, ama wakhti qoysku sheekooyin isweydaarsado.



10

CAAWIMO WEYDIISO/LA XIDHIIDH

Waa muhiim in aad si joogto ah ula xidhiidho iskuulka ilmahaagu uu dhigto iyo in aad caawimo weydiisato haddii ay dhibaato guriga kajirto.

